

### Step3 One arm down by Method-1 Ver-3

From this step3 you learn how to control your arm down by image, i.e. how to realize AIKI JUTSU.

#### Option 3: One-arm-free synchronization

Using two arms, rest your right arm on B's arm and leave your left arm in the air. First, raise and down your free left arm several times. Then, at a certain moment, drop your right arm down, synchronizing with the up and down movement of your free left arm. Most importantly, concentrate on your free left arm and not on your right arm. When doing this, it is much easier to drop your connected arm without applying power to the connection point.

The idea of synchronizing with a free arm can be effectively applied to training most of the Method 1 techniques.



First move down only free left arm and get the feeling. Repeat it several times.



After several times repetition, then move down right arm synchronized to left arm while keeping your attention on your free left arm.

#### Option 4: By imagination



If both of your wrists are captured, you do not have a free arm to synchronize with. Take RYOTE KOTE FUDO as an example. In this case, you can only imagine moving both arms up and down. In your imagination, you feel as if your arms are not held but free to move as you like.

Only in your imagination, move your arms down and up.



Repeat this imaginary movement 2-3 times, and, at a certain point, move both arms down by synchronizing with your imaginary action.

Then it works as below.

